

LUNCH WEDNESDAY, SEP 17

	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS	
Wednesday													S = soy
Grilled Swordfish with Corn Salsa & Basil Vinaigrette	5 oz + 1/4 cup + 1 oz	387	20.1	2.7	69	807	14.7	1.8	4.6	38.1		F	G = gluten
Grilled Cilantro Chicken with Tomato Relish	5 oz + 1/4 cup	412	24.7	4.8	115	620	8.5	1.6	4.8	38.8		S, E	D = dairy
Blackened Tofu	5 oz	178	12.9	1.9	0	523	3.6	1.8	0.1	13.4	VEG, V	S	E = eggs
Plant Based Remoulade	1 oz	183	18	1	0	350	0.7	0.1	0	0.1	VEG, V	S	TN = tree nuts
Basmati Rice	1/2 cup	157	3.3	0.3	0	443	29	1	1	2	VEG, V		PN = peanuts
Roasted Broccoli	1/2 cup	65	4.9	0.4	0	313	4.6	1.8	1.2	1.9	VEG, V		SF = shellfish
Corn Succotash	1/2 cup	133	6.7	0.7	0	278	16.8	3	2.8	3.8	VEG, V		PK - pork
Baby Kale & Fennel Salad	1 cup + 1 oz dressing	245	18.9	1.3	0	225	21.6	2.9	7.8	3.2	VEG, V	TN	F = fish
Chopped Wedge Salad	1 cup + 1 oz dressing	316	27.1	8.8	44	932	6.8	1.4	4	12.7		S, D, E, PK	SE = sesame
Blueberry Lemon Cheesecake Bites	2 inch square	395	24.4	13.4	64	329	40.1	0.6	33.2	6.2	VEG	D, G	
Vegan Blueberry Lemon Cheesecake Bites	2 inch square	339	18.6	10.5	0	239	42.4	1.5	32	2.8	VEG, V	S, G	VEG = vegetarian
New England Clam Chowder	1 cup	344	33	18.6	91	530	8	0.6	2.6	5.2		D, G, SF, PK	V = vegan
Oyster Crackers	22 crackers	60	1.5	0	0	160	11	0	0	1	VEG, V	G	
Tomato Bisque	1 cup	83	3.9	0.6	0	282	11.5	3.3	7.1	2.1	VEG, V		🔥 = spicy
Daily													
Salad Dressings:													
Ranch	1 oz	130	14	2	5	260	2	0	1	0		S, D, E	
Italian	1 oz	124	12.3	1.1	0	318	4.5	0.4	3.7	0.2			
Sesame Ginger	1 oz	110	8	1.5	0	240	10	0	8	0		S, G	
Blue Cheese	1 oz	130	14	3	10	250	1	0	1	1		S, D, E	
Balsamic	1 oz	190	22	1.5	0	40	2	0	2	0	VEG, V		
Caesar	1 oz	210	23	4	5	400	1	0	1	1		S, D	
Greek	1 oz	112	12.6	1.8	0	122	0.5	0.1	0	0.1	VEG, V		
Proteins:													
Grilled Chicken	2 oz	98	2.6	0.7	48	44	0	0	0	17.5			
Tofu	2 oz	47	2.3	0.3	0	20	1.3	0.7	0	5.3	VEG, V	S	
Tuna Salad (with Mayo)	1/4 cup	100	6.7	1	11	290	6.8	0.2	2.9	3		S, E	
Deli:													
Ham	2 slices	60	1	0	20	570	3	0	3	10		PK	
Roast Beef	2 slices	70	3	1	25	310	0	0	0	12			
Turkey	2 slices	60	1	0	20	360	0	0	0	11			
Salami	2 slices	55	4.5	1.7	15	215	0.5	0	0	3		PK	
American Cheese	1 slice	110	9	6	25	350	1	0	0	6		D	
Swiss	1 slice	110	9	6	25	135	0	0	0	7	VEG	D	
Smoked Gouda	1 slice	100	8	6	25	220	0	0	0	6	VEG	D	
Provolone	1 slice	100	8	5	25	220	0	0	0	7	VEG	D	
Cheddar	1 slice	110	10	6	30	200	0	0	0	7	VEG	D	
Lettuce	1 leaf	1	0	0	0	1	0.2	0.1	0.2	0.1	VEG, V		
Tomatoes	1 slice	3	0	0	0	1	0.6	0.2	0.4	0.1	VEG, V		
Onions	1 slice	4	0	0	0	0	0.8	0.2	0.4	0.1	VEG, V		
Pickles	6 slices	0	0	0	0	390	1	0	0	0	VEG, V		
Sourdough Bread	1 slice	150	0.5	0	0	360	31	1	0	5		G	
Country Bread	1 slice	120	1	0	0	210	23	0	2	3		S, G	
Whole Grain Bread	1 slice	110	2	0	0	160	21	3	3	4		S, G	
Wheat Bread	1 slice	120	1.5	0	0	320	22	1	3	4		S, G	